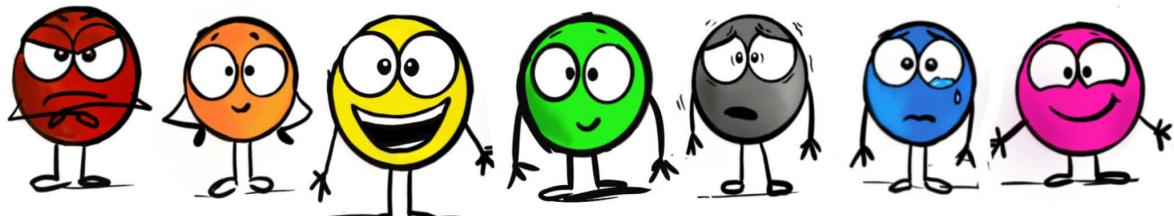


# PACING GUIDE



A Note to Educators/Parents,

This is a general guide for how long to focus on each section of “A Little SPOT of Feelings & Emotions” Educator Guide. If you do not own the Educator’s Guide, you can still use this pacing guide to help you with the order of reading the books and teaching.

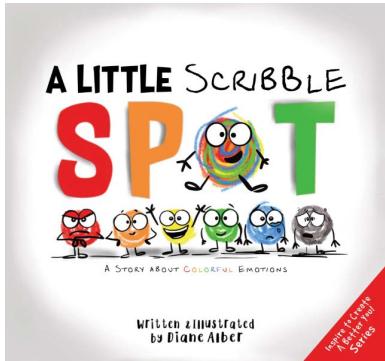
You know your students better than anyone. You may need to do things a little differently or out of order to best meet the needs of your students. If you are lucky enough to have time to do the SPOTS daily, great... If you can have time 3 times a week... great. Any practice with Social-Emotional Learning is worth the extra time. We do suggest that you try your best to learn about the SPOTS before focusing on a particular SPOT.

Once you have gone through these SPOT books, you can use the “A Little SPOT of Life Skills & Actions” Educator Guide to continue your journey with the SPOTS!

The activities that are listed coincide with the Educator Guide. There are additional activities/videos/songs that can be found at [www.dianealber.com](http://www.dianealber.com) to be used! Continue to watch for more great products being added to meet the Social & Emotional needs of students everywhere!

# WEEK ONE

## Topic: Meet the SPOTS



Book: A Little Scribble SPOT

Activities:

- Scribble Spot Activity - Appendix 160
- Feelings Check-ins - Appendix 185
- Rainbow SPOT Activity- Appendix 107 & 186
- Coloring Scribble SPOT and adding stickers
- 3-D Tangled Activity

Things to keep in mind:

- It's important to meet each SPOT first, so try your best to start here before focusing on each SPOT.
- Once you meet each SPOT, you'll be able to use other SPOT books (ex. Teamwork, Responsibility) and your students will start to recognize the SPOTS
- Stickers for making Scribble SPOTS can be purchased at [www.dianealber.com](http://www.dianealber.com)



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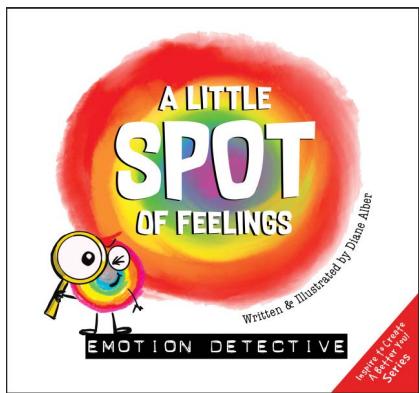
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## WEEK TWO

### Topic: Identifying Feelings



Book: A Little SPOT of Feelings

#### Activities:

- Flashcards/Mirror
- Playdough Activity
- Bucket Activity
- Feelings Book - Appendix 103-105
- Emotion & Feelings Puppets - Appendix 100-102
- Jumbo Emotions - Appendix 168-75
- Jumbo Feelings - Appendix 176-184
- Feelings Game - Appendix 158-159

#### Things to keep in mind:

- Once kiddos learn what the Emotions are, it's important to work on the skills to identify what emotion they are experiencing and the feeling associated with it
- Not all activities have to be completed in ONE week. You can adjust based on the needs of your students.



#### NOTES:

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## WEEK THREE



### Topic: Emotion Exploration



Books: A Little Peaceful SPOT, A Little Calm SPOT

Activities:

- Before reading: What PEACEFUL FEELINGS can you name? - Appendix 161
- Making a Peaceful Spot in your classroom or home. TEACHING Peaceful SPOT procedures.
- Calm SPOT book to be used to help kiddos understand what it means to be calm
- Sensory Bottle Activity
- Calm Corner Ticket- Appendix 121
- Spot Breathing - Appendix 115-117
- Breathing Circle
- Feelings Book - Appendix 51

Things to keep in mind:

- If you choose to make a Calm Corner, Peaceful Spot, etc. in your classroom or home, be explicit in expectations and procedures to be used.
- You don't want it to be a place to escape work all the time.
- Watch for patterns for when kiddos use it. They may need additional emotional support.
- With an extra book to use, you may choose to spend additional time on the Peaceful Spot.



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## WEEK FOUR

# Topic: Emotion Exploration



Books: A SPOT of Anger, A Little SPOT of Frustration

Activities:

- Before reading: What ANGRY FEELINGS can you name? - Appendix 162
- Feelings Book - Appendix 105
- Pressing the Red Button
- How to Calm your ANGRY SPOT - Appendix 1245-125
- What pushes your ANGRY SPOT buttons? - Appendix 140

Things to keep in mind:

- To make Pressing the Red Button easier - print multiple copies of the red button, laminate, and add magnets to the back to reuse each year!
- Take time to connect to the PEACEFUL SPOT and ways to get back to feeling CALM.



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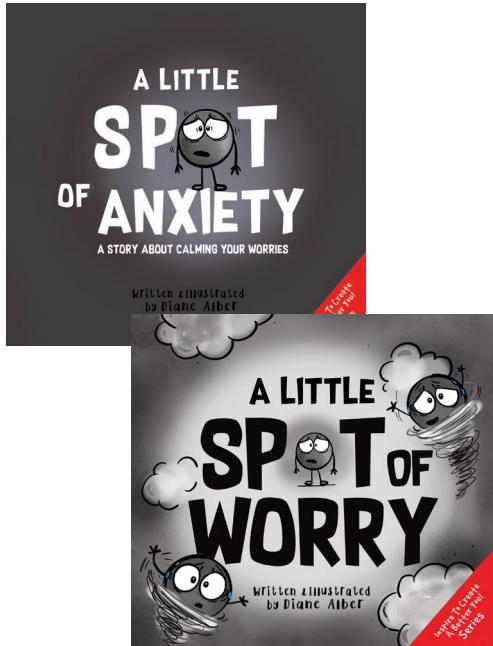
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## WEEK FIVE



### Topic: Emotion Exploration



Books: A Little SPOT of Anxiety, A Little Worry SPOT

Activities:

- Before reading: What ANXIETY FEELINGS can you name? - Appendix 167
- Backpack Activity
- WORRY box/Pocket Activity - Appendix 144
- Feelings Book - Appendix 105
- How to Calm Your ANXIETY SPOT - Appendix 128-129

Things to keep in mind:

- With an extra book to use, you may choose to spend additional time on the ANXIETY SPOT.
- Take time to connect to the PEACEFUL SPOT and ways to get back to feeling CALM!.



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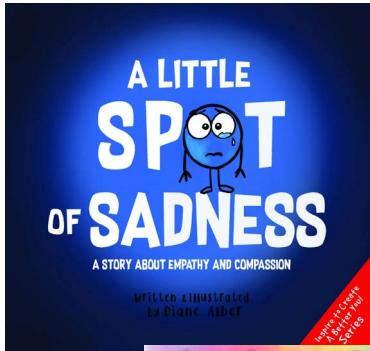
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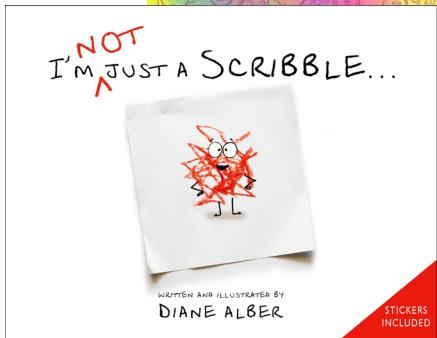
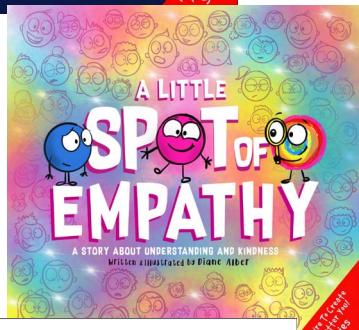
## WEEK SIX

# Topic: Emotion Exploration



Books: A Little SPOT of Sadness, A Little SPOT of Empathy, and I'm not just a Scribble....

### Activities:



- Before reading: What SADNESS FEELINGS can you name? - Appendix 164
- How to Calm Your SADNESS SPOT - Appendix 126-127
- Feelings Book - Appendix 105
- Empathy Book Reading
- Heavy Heart Activity
- Scribble Activity - Appendix 153 + Additional Book: Power of Words - Toothpaste Activity

### Things to keep in mind:

- There are A LOT of activities that can be done with BOTH additional books.
- Take the extra time you need to make discussions and activities worth it for you and the students!



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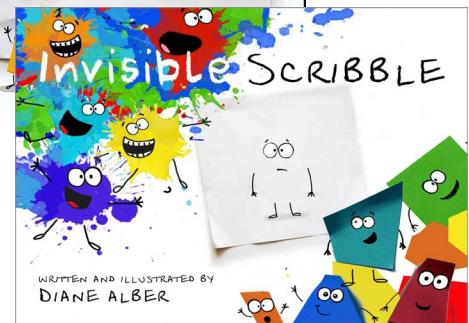
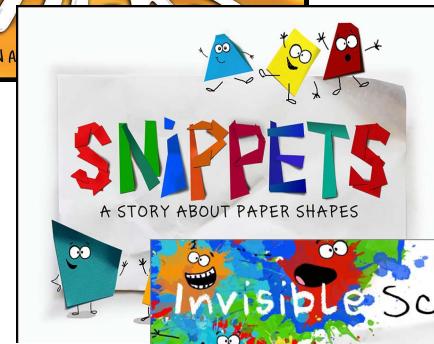
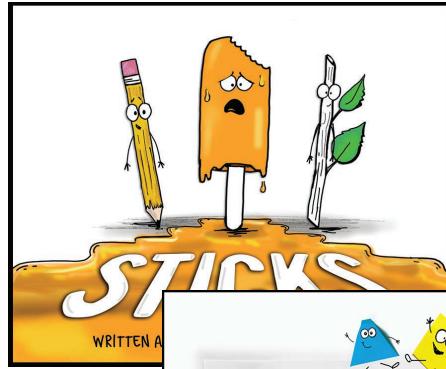
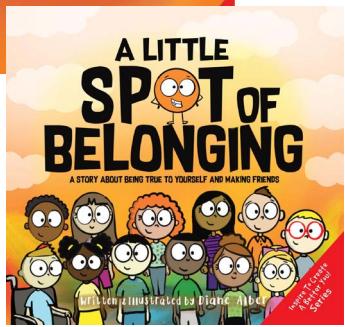
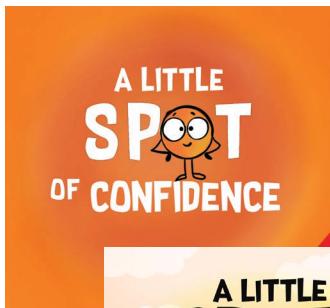
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# WEEK SEVEN & EIGHT



## Topic: Emotion Exploration



Books: A Little SPOT of Confidence, A Little SPOT of Belonging, Sticks, Snippets, Invisible Scribble

Activities:

- Before reading: What CONFIDENT FEELINGS can you name? - Appendix 166
- Believe in Me TREE Activity - Appendix 111
- I AM Activity - Appendix 112
- Confident SPOT Bracelets Activity - Appendix 113-114
- Including Others Chart Activity
- Invisible Scribble Art Activity
- Feelings Book - Appendix 105
- Popsicle Stick Activity - Appendix 139
- Classroom Community:
- Friendship - Appendix 136
- Stick's BirdHouse Activity - Appendix 137
- Bird House Activity
- Glad to Be Me - Appendix 138
- Perfect Place Pattern - Appendix 152
- Polygon Shape Chart + Activity - Appendix 148 and 150

## Things to keep in mind:

- There are two weeks planned for this for pacing.
- There are A LOT of activities that can be done with BOTH additional books. Take the extra time you need to make discussions and activities worth it for you and the students.



**NOTES:**

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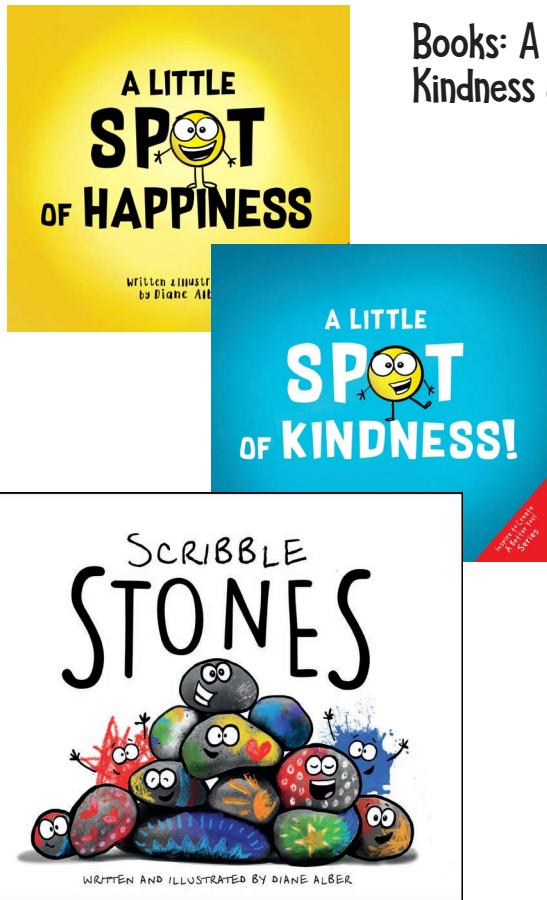
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# Topic: Emotion Exploration



Books: A Little SPOT of Happiness, A Little SPOT of Kindness and Scribble Stones

## Activities:

- Before reading: What HAPPY FEELINGS can you name? - Appendix 163
- Link Activity
- Tissue Box Activity
- Thankful Activity
- SPOT sticker activity
- Magic of Kindness (Magic Milk) Activity
- Scribble Stones Art Project - Appendix 132
- Scribble Stones Alternative Activity - Appendix 133
- Feelings Book - Appendix 105

## Things to keep in mind:

- When doing the Scribble Stone activities - you can put a layer of Modge Podge on it after putting the eyes on and it will hold up in the rain.
- If you use all the books, you may want to take a little extra time with these books.




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## WEEK TEN

# Topic: Emotion Exploration



Books: A Little SPOT of Love, Kindness Snippet Jar

Activities:

- Before reading: What LOVE FEELINGS can you name?  
- Appendix 165
- Growing LOVE Activity
- Worksheet - Appendix 155
- Did You Grow a LOVE SPOT today? - Appendix 154
- How Do You Like to Be Greeted? - Appendix 156
- Feelings Book - Appendix 105
- LOVE Snippet Collage Activity

Things to keep in mind:

- If using all the books, you may want to take a little extra time with these books.



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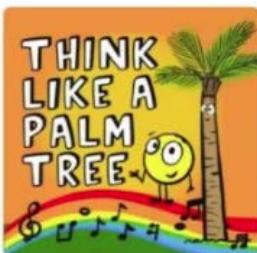
## MUSIC & VIDEO

Don't forget to check out all the classroom songs and animated music videos!

Integrating music in the classroom can be a wonderful and fun way to teach any subject! We developed a series of songs with catchy tunes to help children enjoy learning emotions even more! All the songs are under the artist "Inspire to Create"



Kindness SPOTS - Single  
2021



Think Like a Palm Tree (Flexible Thinking) - Single



Scribble SPOT Feelings Song - Single



Good Day - Single  
2021



Feeling Detective (Remix) [Remix] - Single  
2021

Click here to be taken to the [Youtube link!](#)

